

Men over 17 and women over 45 can safely eat more fish

- **Safe to eat 7 servings per week**
- **Safe to eat 3 servings per week**
- **Safe to eat 2 servings per month** except **largemouth bass** and **pikeminnow** — safe to eat 1 serving per week

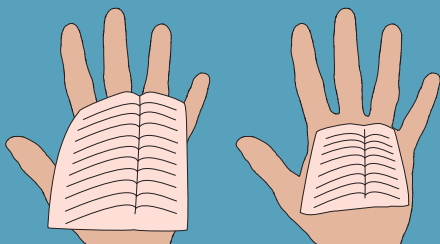
♥ Why eat fish?

Eating fish is good for your health. Fish have Omega-3s that can reduce your risk for heart disease and improve how the brain develops in unborn babies and children.

What is the concern?

Some fish have high levels of mercury that can negatively affect how the brain develops in unborn babies and children.

What is a serving?



For Adults

For Children

The recommended serving of fish is about the size and thickness of your hand. Give children smaller servings.

Fish buying guidelines for women 18 – 45 and children 1 – 17

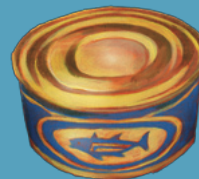
Do not eat fish caught by family or friends in the same week that you eat fish bought in a store or restaurant. For fish that you buy:

- **Safe to eat 2 servings per week** of low mercury fish such as salmon ♥, pollock, catfish, tilapia, shrimp, anchovies ♥, sardines ♥, trout ♥, and canned chunk-light tuna



OR

- **Safe to eat 1 serving per week** of medium-mercury fish such as canned albacore (white) tuna ♥



- **Do not eat** shark, swordfish, tilefish, or king mackerel



California Office of Environmental
Health Hazard Assessment

www.oehha.ca.gov/fish.html

(916) 327-7319 or (510) 622-3170

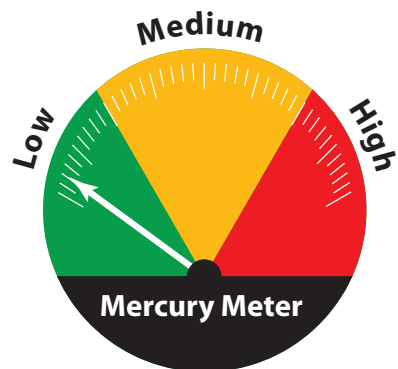
Guide to Eating Fish Caught in the **Sacramento River** and **Northern Delta**



This advisory is for the Sacramento River and all water bodies in the Delta north of Highway 12 to Sacramento.

A guide to eating fish caught in the Sacramento River and Northern Delta

Women 18 - 45, especially those who are pregnant or breastfeeding, and children 1 - 17



American Shad



Asiatic Clam

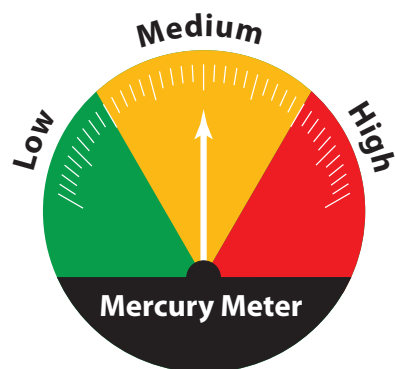


Trout ♥



Salmon ♥

♥ = High in Omega-3s



Carp and Goldfish



Sucker



Crappie



Catfish



Hitch



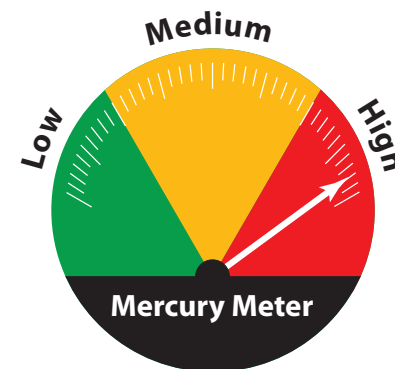
Bluegill and
Other Sunfish



Crayfish



Hardhead



Striped Bass



Largemouth Bass



Sturgeon



Pikeminnow

Safe to eat
3 servings per week

OR

Safe to eat
1 serving per week

Do not eat
except **striped bass under 27 inches** or
sturgeon — safe to eat 1 serving per month